

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**BRIDGE**3<sup>rd</sup> & 17<sup>th</sup>  
12-3:30pm

1

**Exercise @ 9am**  
**Cards games & puzzles**  
**Wii**  
**\*Art class 1:30-3:30**  
All Fools' Day

2

**Strength Training @ 10am**  
**Trivia @ 11am**  
**Wii**  
**Cards games & puzzles**

3

**Exercise outdoors @ 9:30**  
**Wii**  
**Hoop Shoot 10**  
**Trivia @ 11am**  
**Lunch @ 11:30**

4

**Strength Training @ 10am**  
**Nutrition News**  
**Cards games & puzzles**  
**Lunch @ 11:30**

5

**Exercise @ 9:30**  
**Hoops @ 10**  
**Lunch @ 11:30**  
**Canasta @ 12**  
**\*Groceries for Seniors**

6

**Groceries for Seniors @ FSC**  
**1pm first Friday of every month**

7



8

**Exercise @ 9am**  
**Cards games & puzzles**  
**Wii**  
**\*Art class 1:30-3:30**

9

**Strength Training @ 10**  
**MAP/Recycling @ 11am**  
**Wii**  
**Games & puzzles**

10

**Exercise @ 9:30**  
**Wii**  
**Hoop Shoot**  
**Cards, games & puzzles**  
**Lunch @ 11:30a**

11

**Strength Training @ 10am**  
**Wii**  
**Cards games & puzzles**  
**Lunch @ 11:30**

12

**Exercise @ 9:30**  
**Hoops @ 10**  
**\*Umbrella Craft @ 10am**  
**Lunch @ 11:30**  
**Canasta @ 12**

13



14

**(Red asterisk) pre-register**Palm Sunday

15

**Exercise @ 9am**  
**Cards games & puzzles**  
**Wii**  
**\*Art class 1:30-3:30**

16

**Strength Training @ 10am**  
**Nurse Steve BPS and Is More Medication Better @ 11am**

17

**Exercise @ 9:30**  
**Wii**  
**Hoop Shoot**  
**Cards games & puzzles**  
**Lunch @ 11:30a**

18

**Strength Training @ 10am**  
**Wii**  
**Lunch @ 11:30**  
**BINGO**  
**Re-gift it**

19

**Exercise @ 9:30**  
**Hoops @ 10**  
**Cards, games & puzzles**  
**Lunch @ 11:30**  
**Canasta @ 12**  
Good Friday

20

**\*Trip to Dill's Tavern & Lunch**  
**Friday May 10<sup>th</sup>**  
**\$45.00 person**

21



22

**Exercise @ 9am**  
**Cards games & puzzles**  
**Wii**  
**\*Art class 1:30-3:30**  
Earth Day

23

**Strength Training @ 10am**  
**Wii**  
**Lunch @ 11:30**  
**Cards games & puzzles**

24

**Exercise @ 9:30**  
**Puzzles & games**  
**Hoop Shoot**  
**\*WING NITE & Country Music 6-9pm \$5:00per.**

25

**CLOSED**  
**Staff Development**

26

**Exercise @ 9:30**  
**Hoops @ 10**  
**\*Dementia Live with Mary & Mindy @ 9:30am**  
**Lunch @ 11:30**  
Arbor Day

27

**\*Trip to Autobahn Indoor Speedway**  
**Friday May 21<sup>st</sup>**  
**\$60.00 person**

28

**Exercise @ 9am**  
**Cards games & puzzles**  
**Wii**  
**\*Art class 1:30-3:30**

29

**Strength Training @ 10am**  
**Wii**  
**Memory Café' 12-1pm**

30

**Tai Chi – Friday's 1pm-2pm****April 2019**  
**EMMITSBURG****[Lumbel@frederickcountymd.gov](mailto:Lumbel@frederickcountymd.gov) 301-600-6350**